

WATER EXTERNALLY INTERNALLY and ETERNALLY

Says

Antoinette Donnelly

WATER is a panacea for more human ills than any other known agent. The eternal internal and external use of water will keep you healthy, clean, and strong. It will make you healthy, clean, and strong. It will make you beautiful! For beauty and a clean, strong, healthy body are synonymous!

Half the bad complexions and sallow skins and dull eyes and lopy bodies are due to absolute ignorance of the value of water used internally and externally.

Water acts to dilute your foods so that they can be absorbed from the digestive tract. Its presence in the blood is essential both to carry foods to the tissues and to convey the waste matter away from the tissues. The internal use of water is absolutely necessary to keep clean and free from impurities the mucous membrane lining the thirty feet of digestive canal and the tubules of the kidneys. The internal use of water is more necessary than the external use to keep the skin in a healthy condition.

It improves the quality of the blood by eliminating waste products. The activity of the kidneys is increased. And these are two vital forces in the making of a beautiful woman.

You should drink at least three pints of water a day to keep your body properly flushed. Not less than one-half pint and not more than one and one-half pints should be taken at one time. If a greater quantity is taken the stomach is liable to overdistention and less than one-half pint has little cleansing value.

The water should be taken at least one-half hour before meals to insure its removal from the stomach. Cold water is more quickly absorbed than warm. Whether you should drink hot water or cold

is regulated by the effect desired. If you are troubled with dyspepsia or any catarrhal inflammation of the stomach or the intestines, drink one-half pint of water just as hot as it can be sipped with a spoon before each meal.

All water for drinking purposes should be filtered. The best method is to have a filter attached to the pipes of the house supply, so as to insure filtered water running from all the spigots. If the water is not filtered it should be boiled for thirty minutes and when cool bottled and placed in the refrigerator beside the ice. Don't undo the good work of boiling it by adding ice to the drinking water. For ice water retards and interferes with the digestive processes.

For constipation and biliousness two glasses of cold water should be taken before each meal. Water should not be drunk during the meal. One glass may be taken at its completion, however.

Few women realize the value of water drinking in overcoming obesity. If you exercise, take hot and cold baths, and resort to other measures of flesh reducing it is essential to drink water so as to dissolve and carry off the broken down material which results from the increased tissue destruction.

When in a state of fatigue never drink cold water, and when there is a feeling of chilliness it is well to avoid cold water.

A valuable internal use of water is its use as an enema. A person suffering from chronic constipation, which, as I have said before, is at the root of so much beauty destruction, carries about with her an enormous accumulation of fecal matter which may be easily enough removed by an internal wash. I think it most advisable, however, before adopting this health measure to consult your family physician and act under his instructions. Care must be taken about the amount of water used and whether warm or cold water is better for your particular case.

So much for the internal use of water.

Now for the external. A daily bath of some kind is absolutely essential to health and beauty. Whether you should take a cold plunge or not every day depends upon your constitution. If you are in good health a cold plunge is the most wonderfully exhilarating tonic you can take. It improves the circulation of the blood, stimulates the nerve centers, creates an appetite, and keeps the skin firm.

It is true, however, that the cold bath has not an equal joy and benefit for every woman. If your system is run down, your heart weak, or if you are suffering from chronic congestion or inflammation, the cold plunge is likely to tax your strength beyond hope of compensating reaction. You are not in physical condition to take a cold plunge if after taking one you feel chilly and languid and if your finger tips and lips became blue. For you a tepid bath is more beneficial.

One can gradually accustom herself to cold baths, however, by sponging off in cool water, gradually increasing the temperature of the water until you are able to take a plunge and immediately react. Before taking your cold plunge, wet the chest and face. The dip should vary from two to four seconds to one or two minutes. Rub vigorously while in the tub if you remain the full minute or two. Follow with a vigorous rubbing with a Turkish towel. Then take moderately active exercise for not less than five minutes. Nothing, however, is to be gained from cold baths if they leave you with a pallor of the skin, chilliness, etc.

For the purpose of cleanliness the warm bath is necessary. A scrub with a flesh brush should be indulged in. This should be followed by a shower, or, having no shower, you should dash cold water over your body with the towel. This closes up the pores of the skin.

A good many people harbor the idea that sea salt is better than common salt for its stimulating and sweetening effect upon the skin. Ordinary coarse salt, in my opinion, is better. It is cheaper and it dissolves much more easily than the sea salt. The body remains clean and sweet for a long time after the use of the salt bath.



MAUDE MARTIN
EVERS

ANTOINETTE DONNELLY'S ANSWERS TO INQUIRIES BY BEAUTY SEEKERS

BEATRICE: Splitting and breaking of the hair are conditions usually resulting from external injury due to the fact that the hair has become brittle from lack of oil. Sometimes this lack of oil comes from general disturbances of the health, but more frequently from improper care of the hair. The only remedy is to give the hair enough oil to restore its elasticity and resistance. This should be done as often as is necessary to keep the hair in proper condition. Vaseline, olive oil, and almond oil are all excellent. There is no harm in clipping off broken hairs, and when the ends split they should be clipped off at a point below the split.

P. T. L.: The abundant eating of fruit and green vegetables, if persisted in, is the most efficient means

of overcoming constipation. Ripe, raw fruits and cooked fruits are particularly efficient; baked apples, stewed figs, and prunes are especially helpful. Free water drinking is one of the efficient measures against constipation. A large glass of water, not necessarily hot, is excellent.

EDITH T. K.: I have instructions for massaging and exercises for the neck which I should be glad to mail to you did I not fear that the Adam's apple of which you speak is gottier. I think it would be best for you to consult your family physician about it, as a gottier may result seriously if it is not given the proper attention in time.

BLANCHE: The squatting exercise is an excellent

all around exercise for keeping the body in good condition. Stand erect with the feet nearly together and hands resting on your hips. Rise upon the toes, then sink the body to the floor in a squatting posture, bending the knees sharply until the thighs and legs are doubled upon each other and the weight of the entire body is supported by the toes. Keep your trunk perfectly erect throughout the entire movement. Return to the original position and repeat twelve times to begin with, gradually increasing to twenty or thirty times.

MABEL: It is always best to wear stockings a half size longer than your foot. This will save cramping your feet. Rubbing the soles of the feet with vinegar is soothing to tired feet. Change your shoes just

as soon as you come in from a walk. This will rest your feet. I have a formula for perspiring feet which I shall be glad to send to you if you will send me a stamped, addressed envelope.

ELSIE: A daily bath is absolutely necessary to health and good looks. The temperature of the water depends upon your own inclination in the matter. One cannot really be clean without warm water. You might take a warm bath and then rinse off with cold water. Cold water should be used as a tonic.

MARY JANE S.: The intense itching of your scalp may be caused by dandruff. The dryness of your hair may be caused either by disturbances of the general health or by local scalp troubles. It also may be due

to constant washing of the head, which deprives the hair of its natural oil. The condition can be corrected by greasing the hair lightly with vaseline, olive oil, or sweet almond oil. I have a formula for dandruff which I shall be glad to mail you if you will send me a stamped, addressed envelope.

A FRIEND: This tonic will promote the growth of both the eyebrows and eyelashes, but I am sorry to tell you that it will not make them curl. Yellow vaseline, two ounces, oil of lavender, fifteen drops, and oil of rosemary, fifteen drops. Mix thoroughly. After you wash your face at night brush your eyebrows with a tiny brush upon which a few drops of the tonic has been placed. Apply the tonic to the eyelashes with a tiny camel's hair brush, being careful that none of it gets into the eyes.